Good News For Homemakers

Cabbage doesn't deserve bad PR

By SHIRLEY W. WALTON
Extension Agent

Sweet, tender cabbage is one Virginia vegetable that often suffers from bad publicity. In handling the public relations campaign for this vegetable, it seems that cabbage is often overlooked. In meal planning, many people unfairly label it as tough and smelly when it cooks. Did you know that today's varieties of cabbage take offense to these accusations because these accusations are not true. Today's cabbage varieties have been specially bred to be tender enough so that little cooking is required. The long hours of simmering necessary to tenderize the old varieties of cabbage produced strong odors. This is no longer associated with the newer breeds of cabbage.

Much of the cabbage sold today has compact heads with greenish or white leaves. The best quality heads are solid, crisp, heavy and well trimmed. The leaves should not be discolored or decayed. Early crop green cabbage may be medium firm or even soft, but suitable for immediate use if the leaves are fresh and crisp.

Some of the other types of cabbage available are red cabbage, Savoy cabbage, which has a loose head with green crinkly leaves, and Chinese cabbage, which has a long tapering head with crinkly leaves on a solid core. All types of cabbage can be cooked or used as salad greens.

From the flatlands of the Eastern Shore to the rolling hills of Roanoke and Carroll County, Virginia cabbage grows to be the size of basketballs. Much of the state's cabbage crop is sold at Farmer's Markets, roadside stands and in our local supermarkets. Most farmers leave the beautiful outer leaves attached for those who enjoy cabbage rolls or just want a pretty centerpiece.

For the best buy when shopping for cabbage, be sure that the head is heavy for its size. Store cabbage in the refrigerator in a tightly closed plastic bag with a sprinkle of water to keep it fresh.

Cabbage is a most nutritious vegetable. Raw cabbage or cooked, drained cabbage contains calcium, phosphorus, potassium, Vitamin A and ascorbic acid. Of course, it is very low in calories, with one cup of raw cabbage containing approximately 20 calories and one cup of cooked cabbage approximately 30 calories. Now how many vegetables can you eat that are that low in calories? This same amount of cabbage will provide at least 50% to 60% of the Vitamin C requirement for an adult. It is also an excellent source of Vitamin A and potassium and contains some of the other minerals and vitamins that I've mentioned.

The best ways to prepare cabbage are steaming and stir frying because both are quick and don't overcook the cabbage. Coarsely chopped or thinly sliced cabbage can be substitues for high priced bean sprouts in Oriental stir fried dishes. When cabbage must be cooked before incorporating into casseroles, steaming works beautifully because the cabbage doesn't add excess moisture and it would if boiled in liquid.

Speaking of casseroles, I wish to share again with you the best cabbage casserole I've ever eaten. This recipe, of course, was developed by one of the best cooks in Appomattox County. Mrs. Annie Laurie Babcock.

If you have a homemaking question or problem, you may call 352-8244 or you may write P.O. Box 488, Appomattox, VA 24522.

Have a good week!

RECIPE OF THE WEEK
Mrs. Babcock's Creamed Cabbage Casserole

Cut medium fine 1 fresh green cabbage (2 to 2½ pounds). Boil cabbage in salted water (1 teaspoon salt to 1 quart water) for about 15 minutes or until tender. Do not cook until the cabbage is soft.

Drain well and put ½ cabbage into baking dish. Add a layer of white sauce, then another layer of cabbage and white sauce.

Top with 1⅓ to 2 cups buttered bread crumbs which have been slightly browned and crumbled finely.

This casserole can be refrigerated until ready for serving, then it can be put into a 300° oven and warmed for approximately 20 minutes-or until hot.

The white sauce recipe is as follows:
2 cups milk
4 tablespoons flour
1 stick butter or margarine
½ teaspoon salt
½ teaspoon pepper

Melt butter in saucepan, add salt, pepper and flour. Mix well. Add milk and stir until thickened and smooth.

This delicious creamed cabbage casserole is a favorite of Mrs. Annie Laurie Babcock's. All of us know of Mrs. Babcock's excellent reputation as a great cook. Many thanks to her for sharing this delicious casserole with us.

WILLIAM A. HUNTER, (left), President of Farmers National Bank, presents a check from the bank to Dr. Kenneth Powell, (right), Chairman of the Appomattox County 4-H Center Fund Raising Committee (Photo by Allen Austin.)

Margaret Lee excels

Mrs. Margaret Lee, of Appomattox, a member of the County Lane Extension Homemakers' Club entered exhibits for competion at the State Fair in Richmond last week winning fourteen ribbons.

Mrs. Lee took first place blue ribbon on her canned green peas, red cherries, apple sauce and black-eyed peas. Second place, red ribbons were awarded Mrs. Lee on canned squash, snap beans, hot peppers, butterbeans, tomato and catsup. For her entry this year in the Senior Citizen division. Mrs. Lee dressed a doll in Civil War costume. The costume and workmanship also won a red ribbon.

Mrs. Lee received third place white ribbons for her canned quartered apples, sweet mixed pickle, plum jelly and cantaloupe and orange preserves.

Mrs. Lee has for many years won ribbons at both Five County Fairs and State Fairs in Richmond, Va. Including this year's winnings, Mrs. Lee has a total of 981 ribbons won in the past 27 years.

Mt. Shiloh news notes

Blessed are the meek for they shall inherit the earth.

Sunday morning worship services were enjoyed by all attending. The Rev. Robert Higgins delivered an inspiring message. We were happy to see many visitors in the congregation, including the Paige family of Baltimore, Md., who were visiting relatives at their home here.

Sunday night culminated our annual NAACP Freedom Fund Queen's Contest. We congratulate our own Miss Jackie Goode on her splendid representation of our community. We congratulate Miss Deborah Kelso, daughter of Mr. and Mrs. Zack Kelso, who was crowned "Freedom Fund Queen 1984." Our hats go off to Debbie.

The Rev. Dr. Emmett Burns the Regional Director of NAACP for Maryland, Virginia and Washington delivered a dynamic message and left us with some inspiring ideas to use in making the community, county, and state a better place in which all of us can live in peace and harmony.

Our own Entertainers will be celebrating their anniversary this Sunday Gospel here at 3 p.m. Please plan to be now to attend.

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Zion Baptist news

By SUSIE HUNTER

This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live forever." St. John 6:58

The Zion Baptist Church had their regular preaching service with the Rev. Charles W. Lewis preaching a wonderful sermon as always.

Holy communion was served after the service.

The Rev. Lewis will be observing his fourth anniversary on Nov. 6, 1983 at 3 p.m. and the Rev. Roger Ford will be the guest speaker at the Zion Baptist Church, Pamplin.

The Ladies Aid Society will be meeting Sunday, Oct. 9, 1983 at the church at 2 p.m.

Our Bible Study and Prayer Service will begin again on Oct. 13, 1983, at 7 p.m.

All of our sick are improving slowly. Let's continue to pray for the sick and shut-in.

The Zion Baptist Usher Board attended the Trumiph Usher Board anniversary Sunday at 4 p.m.

Mt. Pleasant news notes

The Rev. Napier and the Senior Choir were guests at the Deliverance Church of Christ in Buckingham last Saturday night at 7 p.m. The Rev. D. Ray and The Rev. Lawing were also guests, along with their choirs under the leadership of Bishop Patton.

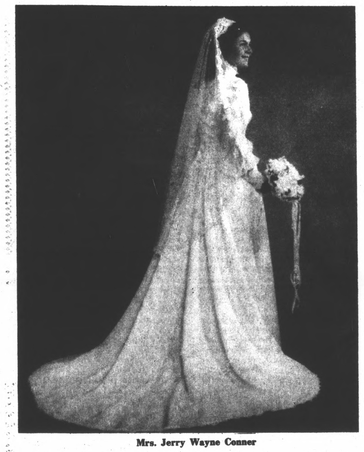
Our pastor is on vacation this month. The Rev. H. O. Flood was our speaker for Sunday. The Junior Choir furnished the music for the service. The message was enjoyed by all.

The Usher Board celebrated their 12th anniversary last Sunday. The Rev. Monroe Watson, of Pamplin, brought the message to the ushers. The Junior and Sunshine Choirs provided the music.

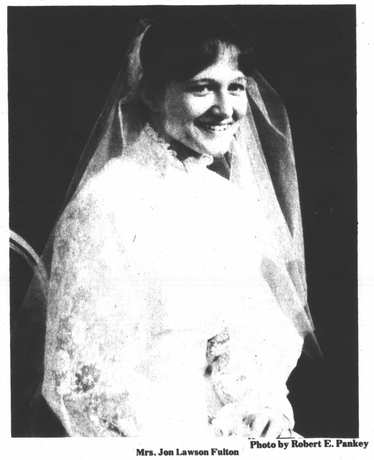
The bus to the Zion Progress Baptist Church, 7835 East Lafayette, Detroit, Michigan, will leave the Plaza in Appomattox at 9 p.m. We are asking for your prayers that we will have a safe trip.

Mr. Dimple Walker is a patient in the Lynchburg General Hospital.

May God bless the sick and shut-in everywhere.



Mrs. Jerry Wayne Conner



Mrs. Jon Lawson Fulton

Photo by Robert E. Pankey

Carter, Conner are wed

The marriage of Beverly Anne Carter, daughter of Mr. and Mrs. John Albert Carter of Lynchburg, to Jerry Wayne Conner, son of Mr. and Mrs. Henry Wellington Conner, took place Saturday, October 8, at 7 o'clock in the evening in Fort Hill United Methodist Church in Lynchburg. The Rev. E. Thomas Murphy, Jr., pastor of Fort Hill United Methodist Church and The Rev. David R. Drinkard, pastor of Bellevue Charge, officiated in the double ring ceremony. The church was decorated throughout with candles, magnolia, and palms and arrangements of fresh flowers on either side of the altar. Candles and fern were displayed along the aisle.

Music for the ceremony was presented by Mr. Roger C. Dowdy, organist/choirmaster of the church, Ancy Roark, organist and Richard Hawkins, guitarist, along with Mrs. Joyce Baker and Mrs. Cindie Allen who sang "Love Is Patient and Kind." After the lighting of The Unity Candle Miss Marjette Glass, soloist, sang "The Wedding Song" (There Is Love). Mr. Dowdy, solist sang "The Lord's Prayer."

The bride was given in marriage by her parents and wore a gown of satin accented with lace terminating in a cathedral train. Her finger tip veil of illusion fell from a cap of lace. She carried a bouquet of white orchids, rosebuds and mums.

Mrs. Suzanne Gillespie, of Jacksonville, N.C., sister of the bride, was matron of honor. She wore a floor length gown of pale pink chiffon and taffeta and carried a silk fan bouquet with pink and wine orchids and rosebuds.

Miss Jane Conner of Carrboro, N.C., sister of the bridegroom, was maid of honor. Her gown and bouquet were identical to that of the matron of honor.

Bridesmaids were Mrs. Beth Dudding and Miss Robin Mays, of Lynchburg, cousins of the bride, Miss Tracy Mays of Charlottesville, cousin of the bride, Miss Jane Cowherd, of Richmond, Mrs. Lisa Martin and Mrs. Jodi Wells, of Lynchburg. Their dresses were identical to that of the honor attendants and they carried silk fan bouquets of pink and wine.

Mr. Conner was best man for his son and ushers were R. B. Carter of Appomattox, cousin of the bridegroom, Tommy Wingfield of Shreveport, LA, Ed Bower of Lynchburg, Doug Marshall, David Doss, Bobby Wingfield and Andy Wingfield, all of Appomattox.

The groom wore a black tailcoat and matching trousers with pleated basom white shirt, black tie and cumberbund. Pink and wine rosebuds were added to the lapel. The best man and ushers wore black tuxedos with white ruffled shirts, black ties and waistcoats. They added pink rosebuds to their lapels.

Robin Elizabeth Martin of Lynchburg was flower girl. Her dress was of white lace trimmed in pink and she carried a basket of white rose podals trimmed with wine rosebuds.

Joseph James Dudding, cousin of the bride, was ring bearer. He wore an outfit identical to that of the ushers. He carried a white satin pillow trimmed with pink and wine rosebuds.

The mother of the bride wore a floor length gown of yellow chiffon with accordian pleated skirt. She wore a wrist corsage of yellow rosebuds.

The mother of the groom wore a floor length gown of mauve chiffon with accordian pleated skirt. She added a shoulder corsage of pink rosebuds.

Mrs. Gordon Mays, maternal grandmother of the bride wore a floor length gown of dusty rose. Mrs. Stuart Kidd, maternal grandmother of the groom, wore a floor length gown of periwinkle blue, and Mrs. Wellington Conner, paternal grandmother of the groom, wore a floor length gown of baby blue. All three added shoulder corsages of white orchids.

Following the ceremony, the bride's parents were hosts for the reception in the church fellowship hall. Assisting with the reception were ladies of the bride's church. Mrs. Pat Massie served the bride's cake and Mrs. Winfred Drumheller served the groom's cake. Presiding at the punch bowl were Miss Lisa Mays and Miss Kelly Mays. Miss Sandy Jamerson was at the guest book and Miss Kristin Dowdy presented programs to the guests. Mistress of ceremonies was Mrs. Farrar Marsh.

The bride is a graduate of E. C. Glass High School, attended James Madison University and received an A.A.S. degree in Medical Record Technology from Central Virigina Community College. She is a member of Spinsters German Club and is employed by Lynchburg Hematology-Oncology Clinic, Inc.

The bridegroom is a graduate of Appomattox County High School, attended Virginia Polytechnic Institute and State University and received a B.A. degree in Physical Education from Lynchburg College. He is employed as Assistant Golf Professional at Oakwood County Club.

For her going away outfit the bride wore a navy with gray pin striped suit with off white sweater. She added a corsage of white orchids and rosebuds.

After a honeymoon in the Poconos and other points north, the couple will live in Lynchburg.

Phelps weds Fulton

The marriage of Susan Diane Phelps to Jon Lawson Fulton, both of Appomatox, took place Saturday afternoon at 2 o'clock in Mount Comfort United Methodist Church in Appomattox with the Rev. David Camden, pastor of the church, officiating.

The bride is the daughter of Mr. and Mrs. Howard C. Phelps of Appomattox. The bridegroom is the son of Mr. and Mrs. Sam R. Fulton of Cincinnatti.

The bride was given in marriage by her father.

Mrs. Steve Randolph of Lynchburh was her sister's matron of honor and Nancy Fulton of Cincinnati, sister of the bridegroom, was an attendant. Junior attendants were Angie Phelps and Dawn Phelps, both of Appomattox and cousins of the bride.

Steve Randolph of Lynchburg, brother-in-law of the bride, was best man and ushers were Michael Phelps and Barry Phelps, brothers of the bride; and Charles Daniel Rogers, cousin of the bride, all of Appomattox.

The bride is a graduate of Central Virginia Community College and is employed by Forest Methodist Weekday Nursery School.

The bridegroom is an employee of International Circuit Technology.

The couple will live in Appomattox.

Parties honor couple

Miss Tammy L. Jamerson and Mr. James W. Beale, Jr. were honored on October 2, 1983, with a breakfast in celebration of their upcoming marriage by the New Hope Baptist Church Single Young Adults Sunday School Class.

The breakfast was hosted by teachers Barry Elder, Pat Torrence, and Frances Abbitt and was held in the church fellowship hall.

Food and fellowship was enjoyed by all. The couple was honored with a Jefferson cup presented to them by their class.

A lingerie shower was given in honor of Tammy Lynn Jamerson by Jo Ann Carol Jamerson, sister of the bride-to-be and Mrs. Nancy Jamerson, mother of the bride-to-be on October 1, 1983 at their home on Fleshman Street in Appomattox.

Mrs. Nancy Beale, mother of the groom-to-be; Mrs. Lizzie Franklin, grandmother of the groom-to-be; Mrs. Lucille Christian, grandmother of the bride-to-be; and Mrs. Virgie Isenhour, grandmother of the bride-to-be were in attendance. Guests also included bridesmaids and friends who will be a part of the Jamerson-Beale wedding on October 22, 1983, at 2 p.m. at New Hope Baptist Church.

A white rose corsage was worn by the bride-to-be; a gift from her fiance. Miss Jamerson received many lovely gifts.

Miss Tammy Lynn Jamerson was honored on September 17, 1983, at the Appomattox Volunteer Rescue Squad Building with a miscellaneous bridal shower.

The shower was hosted by her aunts, Mrs. Darlene Dunn of Lynchburg and Mrs. Pam Jamerson of Appomattox.

Those in attendance included Mrs. Nancy Jamerson, mother of the bride-to-be; Mrs. Nancy Beale,mother of the groom-to-be; and Mrs. Lucille Christian and Mrs. Virgie Isenhour, grandmothers of the bride-to-be.

Miss Jamerson wore a beautiful rose corsage given to her by her fiance, Mr. James William Beale, Jr. Tammy received many nice and useful gifts presented by relatives and friends in attendance.

The marriage of Tammy Lynn Jamerson and James William (Dickie) Beale, Jr. will be an event of October 22, 1983, at 2 p.m. at New Hope Baptist Church.

UDC members attend meeting

The Virginia Division United Daughters of the Confederacy which met in Charlottesville last week was attended by three members of the Appomattox Chapter.

Attending were Mrs. Otho W. Martin, Jr., past District Chairman and President of the local chapter, Mrs. Harriet Cunningham, Vice-President and Mrs. Frances Harvey, Treasurer of the Appomattox Chapter.

These daughters along with others took part in the Historic Appomattox Railroad Festival on Saturday, riding in the wagon driven by R. Clark Lewis, and escorted by Harold Wyatt, D. A. Woods, and Mark Nash bearing the flag and arms of the Confederacy during War Between the States.

The next meeting of the Appomattox Chapter U.D.C. will be held at Maudes on Thursday, October 20th at 12 noon.

Social item

Mr. and Mrs. George Craddock and son Eddie of Virginia Beach spent the weekend with Mrs. Janie Chernault and attended the Railroad Festival.

Carol Ann Jennings and Ricky Douglas Mayberry

Jennings, Mayberry will wed

Mr. and Mrs. James E. Jennings, of Prospect, proudly announce the engagement of their daughter, Carol Ann, to Ricky Douglas Mayberry, the son of William Earl Mayberry, of Lynchburg, Hazel Mayberry Stanley and the stepson of Howard Stanley of Appomattox.

No date has been set for the wedding.

Couple honored

Mr. and Mrs. Henry W. (Billy) Conner and Jane Conner entertained their home on Morton Lane on Saturday with a buffet luncheon for out of town guest in Appomattox to attend the wedding of their son and brother, Jerry Wayne Conner to Beverly Ann Carter which took place at 7 o'clock in the evening in Fort Hill United Methodist Church, Lynchburg.

Guests were Mr. and Mrs. Gary Kidd, Miss Sherri Kidd, Gary Kidd, Jr., and Roy Kidd of Norwich, N.Y., Mrs. Dorothy Stankus of Rocky Mount, N.C., Mr. and Mrs. Winfred Drumheller of Springfield, Va., Mrs. Ellen Cook, Mrs. Irene Musser, Mrs. Ruby Clark, and Mrs. Betty Stovall of Glade Spring, Va., Mrs. Mary Petty, and Mr. and Mrs. Michael Noble, of Palmyra, Va.

A few close friends were also in attendance.

Hunt club hosts cook-out

The White Oak Hunting Club of Wingina hosted a cook-out on Sunday evening at the club house. Among those from this area who attended were Mr. and Mrs. Hubert Richardson, Mr. and Mrs. Lathan Harvey and Mr. and Mrs. R. Clark Lewis.

Mrs. Margaret Marshall who fell and has an impacted arm fracture, has been visiting with her son and daughter-in-law, Mr. and Mrs. Jimmy Marshall. This week she is with her daughter, Mrs. Malcolm Jordan.

Parties honor couple

The final in a series of parties given in connection with the marriage of Beverly Anne Carter to Jerry Wayne Conner took place Friday evening and Saturday.

The bride and her attendants were honored Saturday with a brunch at T. C. Trotters for which hostesses were her cousin, Mrs. James Dudding of Lynchburg, and Mrs. Dudding's mother, Mrs. James Eberhardt of Newport News.

Mrs. Dudding was a wedding attendant and other attendants sharing honors with the bride were Mrs. Tony Gillespie of Jacksonville, N.C., sister of the bride and matron of honor; Jane Conner of Carrboro, N.C., sister of the bridegroom and maid of honor; Robin Mays of Lynchburg and Tracy Mays of Charlottesville, cousins of the bride; Jane Cowherd of Richmond, Mrs. Bill Wells of Madison Heights and Mrs. Tony Martin of Lynchburg.

On Friday evening, the bridegroom's parents, Mr. and Mrs. Henry Wellington Conner of Appomattox, entertained with an after rehearsal dinner at the Piedmont Club.

In addition, the couple was honored Thursday evening with a buffet dinner party at the home of Mr. and Mrs. Richard L. Wingfield in Appomattox with Mr. and Mrs. Wingfield and their sons, Tommy Wingfield of Shreveport, La., and Bobby Wingfield of Appomattox, as hosts.

Tommy and Bobby Wingfield were ushers in the Conner-Carter wedding.

Miss Carter was honored recently with a bridal shower given by Dalphine McClelland at her home in Altavista and also with a shower given by Mrs. Frank Whorley and Mrs. Thomas Tiller at the Tiller home on Moorman Drive.

Also, a bridal shower was given by Mrs. Lawrence Thompson and Mrs. Farrar Marsh at the Marsh home on Pawnee Drive. A kitchen shower was given by Mrs. William Wells and her mother, Edith Megginson of Lynchburg, at the Wells' home in Madison Heights.

A dinner party was given in honor of the couple by Mr. and Mrs. Kenneth W. Jamerson, Jr. of Lynchburg and Sandy Jamerson of Spout Spring at Miss Jamerson's home.

The Conner-Carter wedding took place Saturday evening at 7 o'clock in Fort Hill United Methodist Church, Lynchburg.

Young Hearts Club plans trip

The Young Hearts Club will go to Natural Bridge on Thurs., Oct. 20.

The bus will leave Memorial United Methodist Church at 7:30 a.m. Bus fare will be $6.50 per person. Money should be submitted by Oct. 17.

The club will also meet on Wed., Oct. 25 at 10:30 a.m. at Memorial United Methodist Church. Come out and let's enjoy fellowship, and please bring your musical instrument.

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